TOUR OF THE VANOISE GLACIERS self-guided

At the heart of France's first National Park

Reference · 76

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DURATION	TRAVEL STYLE	LUGGAGE
6 days	**Self-guided**	**With luggage transfer**

ACCOMMODATION	LEVEL	FROM
Classic (dormitory)	**3/4 ★★★☆**	**550 €**

First of its kind in France, the Vanoise National Park was established in 1963. A vast territory where flora, fauna and rocky mineral world are all preserved. Between the Maurienne and Tarentaise valleys, its borders meet the Gran Paradiso massif and National Park in Italy, forming the largest nature reserve in Europe.
The tour will bring you around the famous "Dômes de la Vanoise", a range of glaciers extending over twenty kilometres at the centre of the Park and passes at the foot of the Grande Casse, the highest summit in Savoie at 3855m. In 1860, a rich Englishman employed a courageous woodsman to cut more than 800 steps in the ice so the summit could be reached for the first time.Crossing some of the major landscapes of the Alps, this trek also offers a number of more technical variants, to be chosen depending on your mood and the weather conditions...

You will love

- The wild, unspoilt territory of France's first national park
- An exclusive route around the 'Dômes de la Vanoise' glaciers
- The typical village of Pralognan-la-Vanoise
- The variety of landscapes between Maurienne and Tarentaise
- Accommodation in friendly refuges and hotels, in bedrooms

Day-by-day itinerary

DAY 1

PLAN DU LAC REFUGE - AIGUILLES DE LANSERLIA

Departure from Termignon and bus transfer to Parking de Bellecombe (without luggage transport) or Plan du Lac refuge(with luggage transport).

Hike to Lanserlia lake, a short walk plunging you into the most secret atmosphere of the Vanoise. It is possible to do a longer hike through the wild plateau du Turc and descent to the Vallon de la Rocheure. Night in refuge.

5.30 hour walk / Elevation: +750m -750m /14km

7 hour walk / Elevation : +850m / -850m / 18km (by the plateau du Turc)

DAY 2

VANOISE PASS - PRALOGNAN LA VANOISE

Traverse Leisse Valley and climb to Vanoise pass at the foot of Grande Casse, the Vanoise glacier. Descend to Pralognan-la-Vanoise passing by "Lac Long" and "Lac des Vaches". Night in a hotel.

6.5 hour walk / Elevation: +550 m -1500 m / 17km

DAY 3

PETIT MONT BLANC - LES PRIOUX

Climb to Petit Mont Blanc with its stunning panoramic viewpoint over Pralognan valley, Grande Casse mountain range and the Dômes de la Vanoise. Night in a refuge.

6 hour walk / Elevation: +1250 m -950m / 13km

DAY 4

CHAVIÈRE PASS - ORGÈRE REFUGE

Gentle climb to Péclet Polset refuge, then to the "lunar" Chavière pass at 2896m. Descend to Partie lake and Povaret valley to reach Orgère refuge. Night in a refuge.

7 hour walk / Elevation: +1150m -900m / 18km

DAY 5

BARBIER TRAIL - PLAN SEC REFUGE

Long crossing on the nature discovery trail of Vanoise Park to reach the Barbier pass, then Aussois valley and its two wide lakes. Small detour is possible to the Masse pass at 2923m. Night in Plan Sec refuge or La Dent Parrachée refuge **without your baggage.**

5 hour walk / Elevation: +950m - 550m / 13km

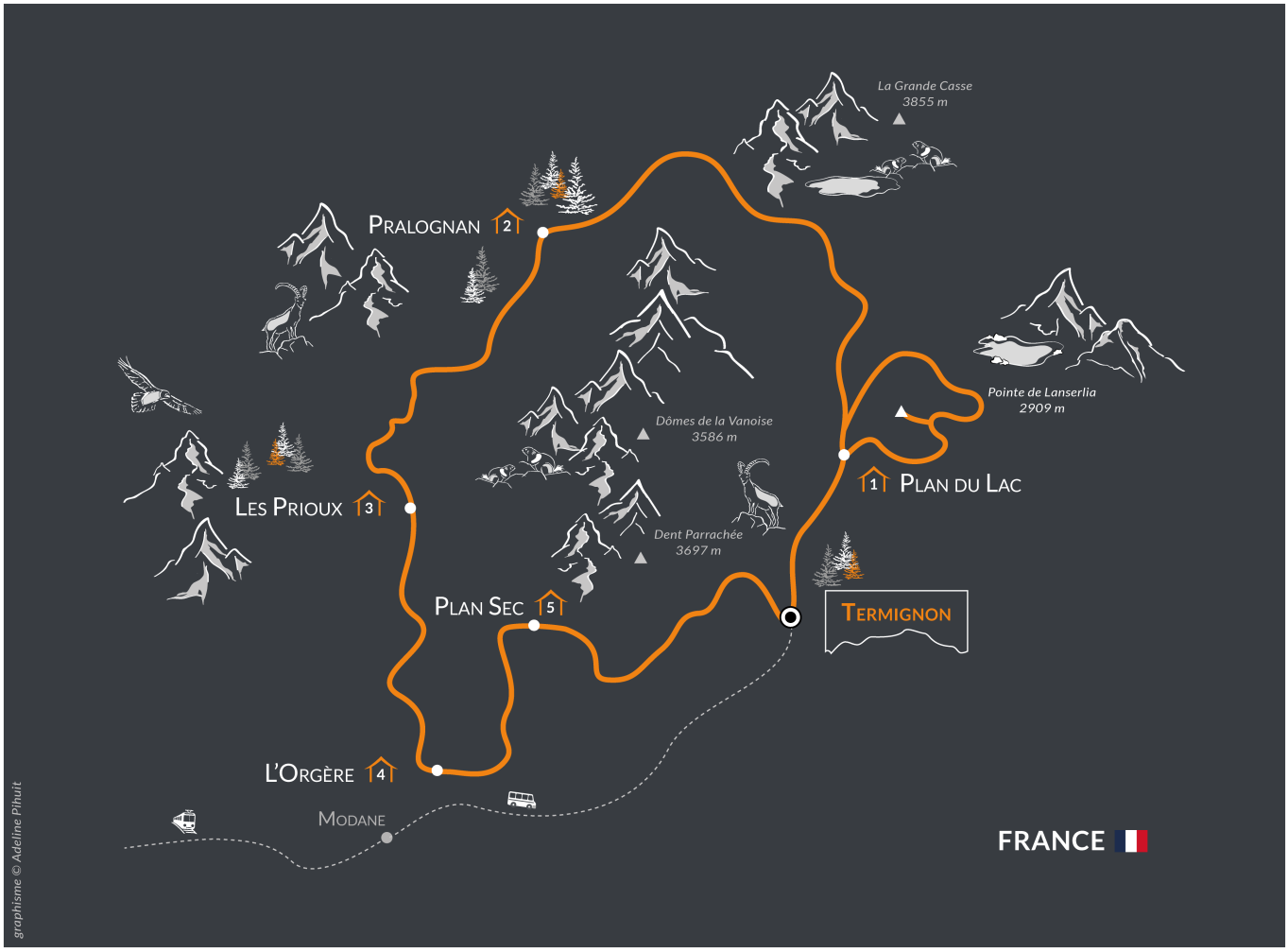
DAY 6

BALCONY TRAIL OF GENEPY - TERMIGNON

Long balcony trail overlooking the Maurienne valley and Arc river. The trail then runs under Dent Parrachée foothills and Arpont glacier. Going down to Termignon.

7 hour walk / Elevation: +780m -1800m / 17km

End point at Termignon.



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Professional insurance MMA SARL SAGA - Groupama guarantee 840,000 EUR

Dates and prices

DEPARTURES AND PRICES

Departure from 20th June to 05th September 2027

Without luggage transfer (departure of your choice)
550€ per person, classic accommodation
Single person departure (without luggage transfer): 90€

With luggage transfer except on day 5 (departure on Monday, Wednesday or Saturday only)
From 2 to 6 persons : **735€** per person.
Single person departure (with luggage transfer except on day 5): 190€

Information and booking by telephone or e-mail.

THE PRICE

The price includes:

- Accommodation with half-board from dinner of the first day to breakfast of the last day;
- 1 road book file (paper) for a group of 1 to 4 people and the digital version to download for each participant; additional paper road book on request;
- Luggage transfer, except on day 5, if you have chosen the option ;
- Tourist tax;
- Booking fees.

The price does not include:

- Lunchtime picnics;
- Shower tokens if required;
- Personal expenses (drinks, touristic visits, etc.);
- The bus transfer on Day 1 (6€) or taxi transfer (June & September);
- Guiding : your are responsible for your own safety;
- The return journey from your home;
- Cancellation insurance.

The price is all inclusive from departure to end point.

The journey

LEVEL ***

Elevation: +/-250m to 1350m average per day.
Walking time: 5 - 6 hours average per day.
Type of trek: mountain hike on marked trails including gravel paths.

You need to be in a good overall physical condition. Regularly practise an endurance sport such as walking, running, swimming or cycling, 3 to 4 hours a week. Your fitness training will make your walk easier and make it all the more enjoyable. Click here for a description of the different levels: levels of difficulty

The roadbook provides sufficient information on the itinerary of your hike. However, it is essential to be able to read an 1:25,000 map and to be sufficiently autonomous in the mountains to be able to tackle the itinerary with confidence, whatever the weather (fog, snow, etc.). Guiding is not included in the self-guided package.
You will be crossing areas with no telephone network. For your own safety, you may wish to bring along a radio or the latest generation telephone with a satellite connection.

Please note: some névés will be present on the paths until the end of June, particularly on the North slopes. High mountain boots, gaiters and walking poles are essential. Be prepared!

ROAD BOOK

One month prior to departure, we will send you your travel documents. We offer two roadbook versions:
The "paper" version we send by post:
- 2 IGN TOP 25 maps with route layout
- 1 road book with all the necessary information for the hike
- 1 card holder
- The list of accommodations.

The "digital" version is an application to download on your smartphone, accessible to each of the participants of the file. The information for downloading and using it is sent by e-mail.

SIGNPOSTS AND WAYMARKS ALONG THE TREK

The tour is well indicated with yellow paint markings and regular signs on the ground. The trails also are numbered.
It is preferable to know how to read a 1/25000 topographical map.

LUGGAGE TRANSFER

Two options:
without luggage transfer: you carry all your luggage.
with luggage transfer: your luggage is delivered to your accommodation each day (except Day 5).

ACCOMMODATION

CLASSIC

1 night in a 2-person bedroom, in hotel and 4 nights in refuge, in dormitory.

All accommodation offers hot showers. However, due to increasingly recurrent periods of drought, access to showers is not guaranteed.

MEALS

Breakfast and dinner are provided in each accommodation. Picnics are not included and can be pre-ordered in each accommodation the day before.

Please inform us about your food allergies and special diets **at the time of booking.** The accommodation do their best to accommodate special diets (gluten-free, vegetarian, etc.). However, we encourage you to bring some additional products for your own picnics.

MAPS

IGN MAPS 1:25000: Les Arcs 3532ET, Tignes-Val d'Isère 3633ET, Les Trois Vallées 3534OT.

Practical information

ACCESS TO DEPARTURE POINT

BY TRAIN

Departure: Gare de Lyon (Paris), arrive in Modane. Then bus from Modane to arrive Termignon.

Return: bus from Termignon to Modane. Then train to Paris.

Timetables must be verified on the SNCF website.

BY CAR

Take the A41 motorway to Chambery, then A43 to Modane. Follow direction Termignon.

Big and free parking in Termignon at the foot of the ski pistes.

CAR-SHARING

Get in touch with people to share a lift! Here are some website recommendations: www.blablacar.fr www.laroueverte.com

End point in Termignon to collect your luggage.

ACCOMMODATION BEFORE AND AFTER

Termignon & Haute-Maurienne Vanoise tourist office: +33 (0)4 79 20 51 67

Hôtel** La Turra (Termignon): +33 (0)4 79 20 51 36

TO CONTACT US

If you are late please contact the agency as soon as possible on: **+33 (0)4 50 79 09 16** or **+33 (0)6 42 49 76 07**

Equipment and luggage

EQUIPMENT LIST

Clothing

- Walking trousers
- Shorts (Bikini/swimsuit, just in case!)
- Breathable or merino wool t-shirts
- Breathable or merino wool leggings
- Fleece or jumper
- Lightweight down jacket
- Wind stopper or Goretex jacket
- Waterproof poncho + gaiters or Goretex trousers + waterproof rucksack cover
- Pair of gloves and a warm hat
- Sun hat or baseball cap
- Walking socks (1 pair per day)
- Sturdy walking boots with a good sole, already broken in
- 1 change of clothes for the evening
- A pair of comfortable shoes for the evening

Other Equipment

- Toilet bag
- Quick drying towel
- Sunglasses and sun cream
- Water bottle or Camelback (1.5 litre minimum)
- Knife, fork and spoon
- Plastic lunch box/plate for your picnic lunches (0.40L to 0.50L)
- Plastic cup for coffee
- Small First Aid kit (antihistamine, ibuprofen, Compeed type blister pads...)
- Survival blanket
- Head torch or hand torch
- Sleeping bag liner sheet and pillowcase (blankets provided at accommodation)
- Two adjustable walking poles (highly recommended)
- Identity card or passport

BACKPACK

Bring a comfortable backpack of 30 to 40 litres for your personal belongings for the day (warm clothes, waterproofs, water, plate and cutlery for your picnic, sunscreen and your identity papers) and please keep a little room to carry a picnic and snacks.

LUGGAGE TRANSFER

You are allowed **1 soft, sports type bag, with all your possessions inside, of 10kg maximum per person** . Your baggage will be transported daily, except day 5, between accommodation by our logistics vehicle where access is not always easy.
Baggage which is too heavy won't be accepted by the drivers, please think of their backs!

YOUR BACKPACK FOR THE NIGHT WITHOUT LUGGAGE

On night 5, your luggage won't be delivered at your accommodation (you will get it back the day after). Here are the things to bring with you (about 2 kilos are enough!):

- small toiletries bag
- sleeping bag liner sheet
- change of clothes for the day after (bare necessities!) and comfortable for the evening

Details

HOW TO REGISTER

- By internet: www.altitude-montblanc.com

- By telephone: +33 (0)4 50 79 09 16

- By post: Please provide your contact details

- Surname, First Name, Date of birth
- Address
- Email
- Telephone
- Mobile phone

If you wish to register by post, please complete the form below and return it to:

Altitude Mont-Blanc
180, route du lac
74110 MONTRIOND
FRANCE

Please specify whether you wish to take out an optional cancellation insurance

On receipt of your registration we will email an invoice (per couple) with a request for a deposit of 35% in association with your account details at Altitude Mont-Blanc
('My Account'). Payment can be made by credit card, bank transfer or by cheque. On receipt of your deposit you will receive a registration confirmation.
The balance must be paid one month before departure without a reminder from us.
For self-guided tours, we will then send your tour pack (includes maps, descriptive book etc.)

Our terms and conditions of sale can be found on our website.

Do not hesitate to contact us if you have any questions.

Postal booking form

Complete this form and return it with your deposit.

Last name	
First name	
Birth date	
Address	
Phone	
Mobile phone	
Email	
Requested trip	**TOUR OF THE VANOISE GLACIERS self-guided**
Number of days	**6**
Insurance	
Trip price	**550 €**
Estimated deposit (30%)	**165 €**
Signed in	
Date	
Signature	

Return with your deposit to

Altitude Montblanc, 62 Passage du Nant Devant, 74110 Montriond

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